## EASY RECIPE FOR FAMILY FUN.

# Quick Black Bean Salad

Serving size: ¾ cup Cost per serving: \$0.35 Makes 6 servings Prep time: 5 minutes

## **Ingredients:**

1 15 oz can black beans 1 15 oz bag frozen corn, defrosted ½ cup your favorite salsa

#### **Directions:**

- Leave frozen corn in the fridge overnight to defrost. If you forget to do this ahead of time, defrost it in the microwave.
- 2. Drain and rinse the black beans.
- Combine all ingredients together and serve as a side dish with your family's favorites.



Kids can help with every step of this simple recipe. Kids are more likely to eat foods they helped prepare.

### **Nutrition Information**

Calories: 143 Fat: 1 gram

Sodium: 267 milligrams (look for reducedsodium beans to cut this number down)

Fiber: 6.7 grams Sugar: 2 grams Protein: 7 grams





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